



## Senior Lunch Sites – April 2010

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Suggested Donation - \$2.50  Meal Cost for Under Age 60 - \$3.50		<b>Chicken Marsala</b> Penne Pasta Brussels Sprouts Wheat Roll Assorted Cake	<b>Spring Brunch Cheese Omelet</b> Topped w Asparagus & Cream Sauce Rosemary Potatoes Mini- Muffin Fresh Fruit Cup
5	6	7 🥄	8	9
<b>Spring Celebration Honey Baked Ham</b> Sweet Potatoes Chef Cut Blend Vegetables Parker House Roll Carrot Cake	<b>Beef Pot Roast w/ Gravy</b> Mashed Potatoes Tossed Green Salad w/ Italian Dressing Wheat Roll Seasonal Fresh Fruit	<b>Chicken Chow Mein</b> Brown Rice Oriental Stir-Fried Vegetables Almond Cookie Fortune Cookie	Farmers Soup/Crackers <b>Tuna Salad Sandwich</b> on Whole Wheat Bun Marinated California Salad Assorted Pudding	Tortilla Soup <b>Beef Taco Salad with Chips</b> Cheese, Sour Cream Taco Sauce Lettuce Spanish Rice Fresh Fruit
12	13	14 🥄	15	16
<b>Turkey Salad Sandwich</b> on Whole Wheat Bread Carrot Raisin Salad Broccoli Slaw Jello	<b>Baked Meatloaf w/ Brown Gravy</b> Tri-Color Potatoes Country Blend Vegetables Whole Wheat Roll Assorted Pudding	<i>Italian Soup / Crackers</i> <b>Manicotti w/ Marinara Sauce</b> Spring Salad Mix w/ Italian Dressing Sourdough Roll Chilled Fruit	<i>California Soup/Crackers</i> <b>Hamburger on Bun</b> Lettuce/Tomato / Ketchup Potato Wedges Chunky Fruit mix	Egg Drop Soup/Crackers <b>Chicken with Polynesian Sauce</b> Steamed White Rice Japanese Blend Vegetables Seasoned Fresh Fruit
19	20	21	22 🥄	23 🥄
<b>Open-Faced Turkey w/gravy Sandwich</b> Whole Wheat Bread Mashed Potatoes Peas and Carrots Cookie	<i>Zuni Corn Soup/Crackers</i> <b>Chicken Diane</b> Rice Pilaf California Blend Vegetables Wheat Dinner Roll Melon	<b>Roast Pork with Gravy</b> Sweet Potato Casserole w/ Marshmallow Green Beans Chilled Applesauce	<b>Birthday Party Spaghetti w/ Meatballs w/ Marinara Sauce</b> Broccoli Sourdough Roll Cake	<b>Hot Dog on Wheat Bun</b> Crinkle Cut Potatoes Coleslaw Fruit Cup Condiments: Onion/Relish/ Ketchup
26	27	28	29 🥄	30
<b>Beef Fajitas Fajita Vegetables</b> Sour Cream Spanish Rice Flour Tortillas Seasonal Fresh Fruit	<b>Honey-Glazed Chicken</b> Garlic Rice Brussels Sprouts Whole Grain Roll Fruit Mix	<b>Chili Verde with</b> Black Beans Chuckwagon Corn Flour Tortilla Assorted Pudding	<b>Salisbury Steak w/ Mushroom Sauce</b> Mashed Potatoes Broccoli 7-Grain Roll Cake	<b>Vegetable Lasagna</b> Tossed Green Salad With Ranch Dressing Sourdough Roll Chilled Mandarin Orange

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. Please see your Site Manager for menu changes. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

\*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. All \* desserts are *Sugar-Free*. 1% milk served daily 🥄 indicates 1,200 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls.